



McNairy County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the McNairy County School System in 2007.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the McNairy County School System that includes:

- School Health Advisory Committee
- Staff Coordinating Council
- Eight Healthy School Teams
- Mini Grant Awards
- School Health Policies strengthened or approved include the wellness plan, mental health policy, and the bullying policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$90,000.00.

Community partnerships have been formed to address school health issues. Current partners include:

- | | |
|------------------------------|-----------------------------------|
| ➤ McNairy Regional Hospital, | ➤ Local Area Doctors and Dentists |
| ➤ McNairy County Health | ➤ TENNderCare |
| ➤ Department | ➤ McNairy County Fire Department |
| ➤ UT Agricultural Extension | ➤ McNairy County Mayor |
| ➤ Office | ➤ Volunteer State |
| ➤ McNairy County Health | ➤ Americhoice |
| ➤ Council | ➤ McNairy County Drug Alliance |
| ➤ Tennessee National Guard | ➤ DCS |
| ➤ McNairy County Sheriffs | ➤ Juvenile Justice |
| ➤ Department | ➤ FCCLA |
| ➤ Tennessee Highway Patrol | ➤ NHS |
| ➤ Carl Perkins Center | ➤ Kamel Klub |
| ➤ LeBonheur | ➤ CAB |
| ➤ Prime Care | ➤ Blue Cross Blue Shield |
| ➤ TNCEP Coalition | ➤ Family Resource Center |
| ➤ Modern Woodman | |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities that include committees, school health screenings, Healthy School Teams, Got Fit McNairy, Family Fun Nights, home school coordinators, and health fairs. Currently, 326 parents are collaborating with CSH.

Students have been engaged in CSH activities that include monthly health bulletin boards, Got Fit McNairy, Senior Project, lead afterschool fitness classes, health fairs, puppet shows, drug and tobacco presentation, heart health, Kick Butts, Great American Smoke Out, Choosy Presentations, school breakfast and lunch week, Healthy School Teams, and community events. Approximately 415 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the McNairy County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 7341 students have been screened. Vision referrals 438, hearing referrals 280, blood pressure referrals 867 and BMI referrals 2772;

Students have been seen by a school nurse and returned to class at a rate of 92.38%;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. There has been a slight increase in our overweight/obese range over the last four years. 2007-08 40.4%, 2008-09 40.2%, 2009-10 41%, and 2010-11 41.5%.

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include a walking trail, comprehensive health education curriculum, climbing wall, fitness rooms, physical activity/physical education equipment, CSH Resource Library, and physical activity/education curriculum;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include physical education teachers-TAHPERD, Take 10!, Michigan Model comprehensive health education, suicide intervention/prevention, student health screening training, Sure Sight training, CPR training, I'm Moving, I'm Learning, physical education ReadyK, Obesity Forum, meth free schools, bullying, sexual harassment, Healthy Minds and Strong Bodies, Pediatric Diabetes Conference, Physical Education Academy, Fit for the Future Conference, TAHPERD Summer Elementary Workshop, CSH New Teacher Orientation, mental health 101, and responding to student threats of violence

School faculty and staff have received support for their own well-being through Get Fit/Stay Fit Staff Wellness Program, Zumba classes, yoga classes, staff wellness rooms, and flu vaccines

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model implemented, new health teacher, health screenings, dental screenings, Registered Dietician services, and Kids on the Block puppet show;
- Physical Education/Physical Activity Interventions – training for physical education teachers, grants to fund physical activity, Take 10! curriculum, physical education equipment, physical activity equipment for classroom teachers, Wii and Wii Fit, Dance Dance Revolution, Walking Works for Schools, 90 minute physical education/physical activity law, and physical activity DVDs;
- Nutrition Interventions – fryers removed, nutrition education boxes, monthly nutrition newsletter, Power U, Better Me, More Matters Fruit and Veggies, monthly fruit and veggies bulletin board, and Kids On the Block puppet show;
- Mental Health/Behavioral Health Interventions – mental health team formed, MOUs with community agencies, mental health training for teachers, and mental health 101.

In such a short time, CSH in the McNairy County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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